FAMILY LIFE

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CONSTRUCTIVE SEX EDUCATION

As a result of adult attitudes toward sex differences, children have tended to grow up with one or other of two attitudes toward sex. Some considered "Sex" to be something evil, indecent, dangerous. Others looked upon it as something desirable but forbidden — a privilege which the adults were trying to reserve for themselves but which the youngster determined to take for himself, in spite of them, as soon as possible.

Neither of these attitudes made for successful marriage. Educated people today recognize sex as something important, desirable, and constructive. How can they bring the younger generation along this path? What are the essentials of a normal and wholesome treatment of the subject that will emphasize "Do" instead of "Don't"? The following might be borne in mind by parents, teachers, youth leaders, and counselors:

1. Let the child experience a warm but not smothering affection with both parents, who in turn must be demonstratively in love with each other.

2. Children cherish an innate pride in their own sex. Allow each one to identify himself with his own sex, but without acquiring derogatory ideas about the other sex.

3. Give the child full and frank facts concerning the anatomy and physiology of sex from infancy, avoiding any suggestion of shame or guilt. Training for the toilet must be included in such education, since it is so easy for children to get this mixed up with their attitudes toward sex.

4. Knowledge of facts must be correlated with experiences, as in nature study, breeding pets, or anticipating the coming of a new baby.

5. At the beginning of adolescence, encourage group associations and activities, and avoid all teasing in connection with the other sex.

6. Take pains to facilitate an understanding of sex differences in physical and emotional development and behavior, showing each sex how to be popular with the other.

7. After several years' experience of group associations, provide abundant opportunity for "dating," with plenty of interesting and sex-releasing activities.

8. In due time encourage or permit "going steady," to promote depth of feeling.

9. Instruct each young person fully concerning his or her own developing sexuality, with guidance in analyzing the various forms of behavior,

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and clear understanding of the differences between adolescent and adult patterns.

10. Keep the idea of marriage and parenthood before the adolescent and facilitate marriage in the early twenties.

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EDUCATIONAL NOTES

The Human Betterment League of North Carolina has been formed by residents of that state who are concerned with eugenic and other aspects of the state's problem of mental disease and mental deficiency. Mrs. A. B. Stroup of Winston-Salem is the secretary.

Among the provisions in the national marriage and divorce law which Senator Arthur Capper (R., Kans.) would like to see follow an amendment to the federal constitution which he has long advocated, is the requirement of two weeks advance notice before a marriage license could be issued. Following a divorce, neither party could remarry for one year.

Apparently as a move to forestall the Equal Rights Amendment, a bill has been introduced in both the house and the senate at Washington, to repeal all legal distinctions between the sexes except when "reasonably justified by physical structure, biological, or social function." It proposes to set up a commission to study the entire question and report back to Congress next year.

Progress in rural family and community living in the 30 years since the home demonstration program began, was stressed during Second National Home Demonstration Week, May 4-11, in the field work of the U. S. Department of Agriculture.

Help in marriage and family relations has been added to the services which the Health Institute of the UAW-CIO furnishes to its members. Wednesday evening discussion groups take up all sorts of problems of men and women, and a personal counseling service gives more individual assistance. Programs may be had from Myrtle Miller, supervisor, Health Education Dept., 7930 E. Jefferson Ave., Detroit 14, Mich.

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INEXPENSIVE PAMPHLETS

MANY HAPPY RETURNS, a series of radio talks on the needs of older folk, given over CBC by S. R. Laycock. Pp. 26, free on request to Division of Health Education, Dept. of Public Health, Regina, Sask., Canada.

A STATEWIDE PROGRAM for families in Oklahoma, pp., 10, free on application to Dr. Alice Sowers, director, Family Life Institute, University of Oklahoma, Norman, Okla.

THE FAMILY COOPERATIVE, by Josephine Zartian Nichols, pp. 8, price 2c from Division of Christian Education, Congregational Christian Churches, 19 S. La Salle St., Chicago 3, Ill.

THIS FAMILY IS ACHIEVING SOMETHING, by Ruth McAfee Brown, pp. 10, price 2c from Federal Council of Churches of Christ in America, 297 Fourth Ave., New York 10, N. Y.

THE CAUSE AND CURE OF JEALOUSY

Jealousy, Boris Sokoloff reminds us, is the feeling of which we are most ashamed. Perhaps that is one reason why it has received less serious study than some others. People may boast of being fearful or angry, but they rarely brag about being jealous, or even want to admit the fact to themselves.

Yet it is one of the most ancient and deeply-rooted of all our feelings, associated with primitive instincts for acquisition and possession. Dr. Sokoloff, a psychiatrist from Russia who is now practicing in the United States, analyzes it in detail in a book entitled "Jealousy, a Psychiatric Study" (pp. 264, price $2.50 from Howell, Soskin, 17 E. 45th St., New York 17, N. Y., 1947.) He distinguishes three levels:

1. Most fundamental is a Jealous Reaction, which he believes is inborn, biological in nature, perhaps influenced by the glands of internal secretion. It belongs to the same group of reactions as fear or anger. If repressed, it is inhibited.

2. When these reactions are frequent, when there is some continuity about them, they become a Jealous Sentiment, which may be associated with pride, envy, or possessiveness. If this is repressed it is not necessarily put out of action. It may become dissociated and begin to make trouble in various forms. Then it becomes

3. A Jealous Repressive Complex, which may dominate the behavior of its possessor. The damage it will do depends on the personality of the subject (whether, for instance, he is neurotic) and on the social surroundings, that is, the stimuli encountered. In extreme cases this jealous complex may be transformed into a veritable mental illness "impregnated with the danger of a complete destruction of the sufferer's mental integrity."

Dr. Sokoloff's book is largely taken up with case histories illustrating various manifestations of jealousy. The author has a literary talent (he has already produced a long list of books on varied topics), but his argument is not always clear or consistent. The readability is further lessened by remarkably bad proof-reading and by lack of an index.

Jealousy must not be considered a normal manifestation of "love," he asserts, and he protests vigorously against the tendency of courts and juries to acquit jealous murderers on the ground that "You must expect that sort of thing from Love." But if jealousy is not to be allowed to end in homicide, how shall it be handled? In most cases, he admits pessimistically, "the battle against jealousy is hopeless and useless," because the average person knows so little about the subject. Management of the difficulty requires you, in the first place, to decide whether you are dealing with a Sentiment or a Complex.

Suppose that you are a wife with a jealous sentiment: the most important step is to tell your husband that you are jealous of him. Discuss it frankly; get it out into the light; ventilate it fully. Thus it loses most of its force.

What if, instead, he is jealous of you? The procedure is much the

same, provided you are still convinced that this is a mere sentiment. Don't make the mistake of trying to reduce his jealousy by carefully avoiding any behavior that would give him cause. This will make you resentful because you feel that your freedom is abridged, that "you can't be yourself"; yet it does not really appease him, but makes him more suspicious! He says to himself, "She's watching her step! She feels guilty. She is careful before me, but what does she do when I'm away?"

The only thing to do is to talk it out. If he once admits that he is jealous, the battle is half won. "Free discussion, intelligent and friendly refusal to submit to excessive demands, good natured teasing can keep this type of personality from developing a real jealousy—but this should be done at the beginning of the relationship." He tells of a wife who, thus situated, became very loving, attentive, conciliatory on every point except her husband's jealousy. Here she continually attacked him, exaggerating his jealousy, making him appear a monster, but continuing to flirt with other men. Put on the defensive, her husband began to think there must really be something the matter with him; he began to laugh at his own feelings, and the problem disappeared.

Many readers will think the job might not be as simple as thus described. Certainly much would depend on the personality of the husband—it would not be safe to play that game with a paranoid. If the husband suffers not from sentiment but from a complex, the wife should never accuse him personally of being jealous, but should carry on a campaign of propaganda in general terms "for weeks or months," describing and denouncing jealousy until the husband gradually builds up an "anti-jealous sentiment" which will help to take the poison out of his jealous complex.

Like most writers on psychiatry, Dr. Sokoloff is better at telling how to diagnose than at telling how to cure; but he has turned out an entertaining book on an important subject.

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DEMAND "FAMILY FARMS"

Alarmed by the increased trend toward large-scale "industrialized" farming in the United States, farm organizations are calling for protection and encouragement of the family-sized farm as a necessary source of national strength.

"Within three generations, 80% of the people of America will have come from a farm home," the Associated Women of the American Farm Bureau Federation declared at their 12th annual meeting. "This means that the ideals of the future America are being determined today in the farm homes of the nation.

"We believe that the family farm offers the best opportunity for the development of the farm family. We recommend that all agricultural policy, including price and production, credit and land policies, be directed toward the maintenance of the family farm and the long-time objective of owner-operated farms."

Bureau of Agricultural Economics data show a marked trend toward larger units. Farms of over 1,000 acres now account for 40% of the farm land, compared with less than 25% in 1920.

The number of moderate-sized farms (100 to 260 acres) is declining.

The National Grange, at its last convention, adopted a resolution urging local granges to discuss the importance of family-type farms and the conditions necessary to their continued existence. The Farmers' Union makes preservation of the family-type farm one of its major objectives, calling for "government acquisition of large farms for subdivision into economic family-size farm units and re-sale to farmers, and of acquisition of too-small farm units for re-sale in order to complete economic-size family farms."

Farm organizations do not want to see the farm population increased greatly. "There are many indications that we need fewer, rather than more, people engaged in agriculture," the women of the American Farm Bureau Federation declared, "and any general back-to-the-farm movement might be disastrous to the ability of the farm home to conserve the best values of rural family life." Most population planners agree with this, believing that a large part of the population may go into small towns and suburban areas where part-time industrial work may be combined with part-time farming. City life finds few supporters, its disastrous effect on the family now being well known.

Large American cities now produce only about 75% enough children to keep their population at a level, and for many years the only growth in population has been on the farm. In this way, the Farm Bureau women pointed out, the farm family has subsidized the nation by producing and educating a disproportionate number of its children; and they declare that the farm family also became the shock absorber for the entire national economy during the depression, and that it still subsidizes the nation's food bill through the unpaid labor of women and children.

For such reasons, the farm family is entitled to full recognition and adequate support from the city populations. But the women recognized the need not merely of making farm homes more efficient and comfortable through electricity and running water, but of raising the standards of home life on the farm. As a starter, they protested vigorously against the inferior radio and movie programs which the cities are forcing out into the rural areas, and called on each Farm Bureau to set up a committee to take such action as might improve the quality of commercial entertainment.

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THE QUESTION BOX

What proportion of women who live to maturity will eventually marry?

Ans.—Approximately 90 percent.

I have read that divorced persons are more likely to commit crimes than are married persons. How much more?

Ans.—Harry Best found that among male inmates of prisons and reformatories the number of divorced persons was four times as great as in the comparable age and sex group in the general population. Among females the rate was seven times as great.

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LEADING PARENTS GROUPS, by Evelyn Millis Duvall and Sylvanus Milne Duvall. Pp. 123, price 50c from Abingdon-Cokesbury Press, 810 Broadway, Nashville 2, Tenn., 1946.

NEW BOOKS IN BRIEF REVIEW

THE CHALLENGE OF MARRIAGE, by Rudolf Dreikurs. Pp. 271, price $3 from Duell, Sloan, and Pearce, 270 Madison Ave., New York 16, N. Y., 1947.

Writing as a disciple of Alfred Adler, Dr. Dreikurs considers marriage in the light of Individual Psychology. Where he goes into problems of biology or evolutionary history he is out of his field, but the core of the book is a sound and constructive discussion of marital adjustments, which should be widely useful. It is illustrated with many case histories.

How shall one choose a mate? "A great many persons of the opposite sex are a good and fitting choice; and even the unfavorable choice implies only a lesser probability for marital happiness—not an impossibility. The main factor for proper choice is the willingness to choose at all—plus common sense and determination to make the best of what one gets. Those who act accordingly will always have found the right mate—the others will never be satisfied."

Successful married life depends largely on cooperation. Social feeling, confidence in others, self-confidence, and courage promote it, while the opposite qualities of hostility, distrust and suspicion, inferiority feelings, and fear are handicaps to it. We must get rid of resentment. Constructive changes do not require hostility, but they require acceptance. "Acceptance is not identical with agreement. If we accepted only when we fully approved, there would remain very little for us to accept." Nor does acceptance mean "giving in." "Tyranny in marriage can not be maintained without indulgent submission; courage and self-respect can always stop it," Dr. Dreikurs declares. "Be firm, and do what you think is right. Surrender will help as little as fighting. But give the partner what he actually needs—affection and devotion."

"The greater the problem which people manage to solve together," he continues, "the closer grows their relationship . . . Only timid people run away from friction; for the courageous, problems exist in order to be solved. Let us accept this challenge to improve. Let us learn to demand less and to live better, more happily, together."

It follows that Dr. Dreikurs does not think divorce is often a solution of the problem. "We can not escape from ourselves and so cannot improve our living conditions by running away."

WOMEN AND A NEW SOCIETY, by Charlotte Luetkens. Pp. 128, price $2.50 from Duell, Sloan, and Pearce, 270 Madison Ave., New York 16, N. Y., 147.

This is an English book presenting the conventional feminist picture of woman's progress toward "emancipation," and illustrated with a large number of entertaining photographs, as well as colored diagrams. Mrs. Luetkens, a sociologist, is concerned with woman as an individual. Family-mindedness is not for her. The idea that a society which is able to survive must be built upon families which produce an adequate number of children and rear them under satisfactory conditions, is an idea that she seems almost deliberately to exclude from her consciousness.

SEX IN OUR CHANGING WORLD, by John McPartland. Pp. 280, price $2.75 from Rinehart & Co., 232 Madison Ave., New York 16, N. Y., 1947.

Ringing the changes on the ancient proposition that we are "going to the dogs," Mr. McPartland shows occasional insight but at other times is absurd, as when he alleges that there are more than 2,000,000 abortions each year in the United States. The most competent statisticians do not believe the number is even one-fifth of that. Mr. McPartland concludes with three possible outcomes. (1) America may become completely "amoral." (2) Our sex life may be regulated by the government, with technologists laying down the rules. (3) We may develop toward "a secure, warmly emotional, family life—away from the cities . . . It is probable that we are entering a brave, new world." The book will probably find many readers—but not as a contribution to science.

PROBLEMS OF MEN AND WOMEN IN LOVE, by J. Howard Crum. Pp. 207, price $2.50 from Merit Publications, 215 Fourth Ave., New York 3, N. Y., 1947.

Dr. Crum is a physician, described as "one of the nation's foremost authorities on feminine beauty," and this book is stated to represent his experience during nearly 40 years of medical practice. His work seems to have been largely plastic surgery, and although he has doubtless had many emotional problems laid before him, he has no special training from the psychological side, to deal with them. His chapters are therefore too frequently superficial, representing the "common sense" point of view that is presented in many newspaper columns of "Advice to the Lovelorn." He is, however, sensible and constructive.

THE UNCONQUERED PLAGUE, a popular story of gonorrhea, by Harry Wain. Pp. 119, price $1.50 from International Universities Press, 227 W. 13th St., New York 11, N. Y., 1947.

"The commonest plague of mankind" is recorded as long as 5,000 years ago in Chinese history, says Dr. Wain. His discussion of the subject will furnish adequate information for educators.

LE ROLE DE LA FEMME DANS L'HISTOIRE DE GAULLE, by Andree Lehmann. Pp. 150, price f.45 from Presses Universitaires de France, 108 Boul. St. Germain, Paris, 1944.

In line with the recent tendency to re-examine the story of woman's place in history, a French woman attorney has produced this war-time study of woman's place in ancient Gaul. The scanty data concerning the pre-Christian period show the wife to have occupied a position of equality, able to own property in her own right, and noted for her maternal qualities, as well as for her fidelity. Women in general—married or not—were forbidden to use alcoholic liquors. Miss Lehmann thinks this was a measure to protect the dignity of the sex.

THE MIND AND DEATH OF A GENIUS, by David Abrahamsen. Pp. 228, price $3 from Columbia University Press, Morningside Heights, New York 27, N. Y., 1947.

In 1903 a young Viennese Jew, Otto Weininger, published a book called "Sex and Character." A few months afterward he committed suicide, at the age of only 23. Dr. Abrahamsen, a Norwegian psychiatrist now living in the United States, has collected the

fragmentary facts concerning the life and work of this young man, who is probably to be classed as a victim of dementia praecox with a strong tendency to homosexuality. Whether he was a genius is a matter of definition, but he was certainly a precocious and talented student.

Weininger's main thesis was that every human being consists of elements of both sexes—a man, for instance, may be ¾M and ¼W in his make-up—and that he seeks as a mate one who is the complement of himself, who united to himself will form a unity; in other words the man who is ¾M and ¼W would tend to marry a woman who was ¼M and ¾W. This does not sound sensational today, but Weininger developed the idea with little regard for the feelings of the fair sex, all of whom, he averred, tended to fall into two contrasting types, the "mother type" and the "prostitute type." Neither one was wholly to be admired, because woman, as woman, "is without soul, without morality, and without free will." In short, "the abstract male is the image of God, the absolute something. The female is the symbol of nothing"!

It is not surprising that the feminists flew on him with screams. But the scientific world was not much impressed, either. Freud claimed Weininger had taken the idea of bisexuality from him but had produced only "a rotten book." His most enthusiastic admirer was the misogynist, August Strindberg, himself soon to end his life in suicide as another victim of dementia praecox.

Dr. Abrahamsen's study is interesting as is any study of human nature, but it is particularly welcome because every writer on the family should be studied from the point of view of his own experiences. This may not be so necessary in a writer on geometry or electronics, but no one can write on human nature without being influenced by his own surroundings and family history. Weininger's father, an extraordinary character, seems to have been the decisive factor in forming his view of the relationship between the two sexes.

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HOW MANY CHILDREN?

Nearly three-fourths of the married couples in Indianapolis have just the number of children they want, according to their own statements, collected by investigators for the Milbank Memorial Fund, which is making a study of the factors affecting fertility. Those couples who had most successfully carried out their plans averaged one living child each. (Milbank Mem. Fund Quarterly, Jan., 1947.)

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NOTES FROM THE AIFR

The University of Cincinnati offers its second annual institute of Family Life Education during the week of June 23-28 inclusive. This will concentrate on the closely related fields of family counseling and family life education, and is fully accredited for either graduate or undergraduate students. Those not wishing credit may register as auditors. The institute is presented by the American Institute of Family Relations and the Cincinnati Social Hygiene Society, and will be under the direction of Roy E. Dickerson and Paul Popenoe. For detailed outline of the course, write to the AIFR. For information concerning registration, living facilities, and the

like, write to the Director, Summer Session, University of Cincinnati, Ohio.

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AROUND THE WORLD

Meeting in Paris, April 24-30, the Union Feminine Civique et Sociale discussed the thesis: "In a world to be remade, the creator of human progress is the mother."

Liberia has given women the vote.

In Brisbane, Australia, a Church of England Commission has recommended that only church members who have a record of regular attendance be allowed to have church marriages.

Marriage Hygiene, a magazine which was published in India before the war, is being resumed as a bimonthly by its editor, Dr. A. P. Pillay, Whiteaway Bldg., Bombay 1.

Co-education is increasing in Japan and a number of parent-teacher associations have been organized.

Sweden now provides up to 375 miles of free railway travel, during summer vacations, for children up to 14 years of age in the lower income group, and for their mothers.

Spain requires all new concerns opening factories with more than 100 employees to provide housing either directly or indirectly by paying a share of the costs of local building projects supervised by state architects. In three years the National Housing Authority has provided 30,000 low-priced houses or flats, and has started or approved construction of 60,000 more.

In line with the Soviet Union's campaign to strengthen marriage, one official paper recently branded disrespect for family life as "capitalist thinking." Cost of registering a marriage is only three rubles (about 25c), while the cost of a divorce is from 500 to 2,000 rubles.

In contrast with Britain, Canadians rate money above family life as a source of happiness. Polls were taken by the Canadian Institute of Public Opinion and by the British Institute, asking "What does happiness mean to you?" In Great Britain 33% said "family life" as against 19% of Canadians, while 13% said "sufficient money" as against 38% among the Canadians. "Why don't we teach boys and girls the meaning of marriage?" asks the Canadian monthly "New World," in reporting these findings.

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RESEARCH NOTES

The number of paternal orphans under 18 (that is, children who have lost their father by death) is now more than 2,500,000, according to calculations by T. J. Woofter, director of research of the Federal Security Agency.

Of domestic workers in New York state who gave up their jobs to enter war industry, only one in every 73 is willing to go back to the former occupation, says the N. Y. Department of Labor.

Twenty years ago four distinct blood groups were known, and use was made of them in determining paternity. At present, as a result of further research, 3200 blood groups are known and the number will probably soon exceed 8,000, said Dr. Laurence H. Snyder of Ohio State University in a recent lecture.

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What proportion of children are first-borns?

Ans.—In the U. S., about 31%.

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counselling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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